



Jonathan R. Puposar, MD

Soft Tissue Mass Excision

Post-Operative Instructions

Pain Control and Ice

- A pain medication prescription will be provided prior to discharge.
- You may take the prescribed medication as directed.
- You should expect to experience minimal to moderate for several days and even weeks following the surgery.
- Patients often only need prescription narcotics for a few days following the surgery and then can switch to over-the counter medications such as Tylenol, Advil, or Ibuprofen.
- Ice bags and elevation should be utilized to decrease swelling and pain. Ice should be applied to the knee up to three times a day for 20 minute periods until swelling subsides

Wound Care

- If there is bleeding through the bandage, reinforce it with additional dressings for the first 48 hours.
- Please leave the dressing on until follow-up
- Showering is acceptable after 48 hours.
- No swimming or tub bathing until cleared by Dr. Puposar at your first post-operative appointment

Rehabilitation/ General Post-Op Care

- You may weight bear as tolerated and you have no motion restrictions following surgery
- Plan at least 2-3 days away from work or school. Utilize this time to decrease swelling and participate in your home exercise program. You may be able to resume work once the pain and swelling resolves (this varies based on job activity).

Important Notes

- Peri-incisional numbness should be expected after any skin incision.